

CAMP COOKERY

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What better hobby can one encourage young people to choose than one for the out-of-doors? A course in camp cookery will interest those who have not yet discovered the joy of preparing a meal over the camp-fire and will add to the pleasure and knowledge of the enthusiasts for outdoor cookery.

The place, the time, the number of lessons, the age and training of the members of the class will vary; therefore, it is not the intention of this article to give a definite outline for a course, but rather to pass on certain ideas which have come to the writer whose hobby is camp cookery, and whose experience in a girls camp and in classes for scouts and foresters have prompted the suggestions.

Possible problems. The course may be based upon definite problems or a series of problems such as food for a one-meal hike, an over-night hike (supper and breakfast), a two-meal hike (lunch and supper), a canoe short trip, a three-day canoe trip, a picnic (carried by auto), winter picnic, a day's meals in camp, a week's meals in a permanent camp.

Necessary knowledge of foods. Certain knowledge in regard to foods is necessary to plan and prepare any meal well, and it may be desirable to give this and some work in the laboratory before working out of doors, especially with a group which has had no previous food work.

That well-balanced, adequate menus with appetizing combinations may be planned it is necessary to know something of the function of food in the body, the different classes of foods, their general composition, and the general principles underlying the cooking of each.

Good food standards should be stressed, especially since an out-of-doors appetite is keen and there is a temptation to eat underdone food or to have so hot a fire that products are burned.

Choice of food materials. It has been said that food for a hike must contain a maximum of nutriment with a minimum of bulk; having made sure of this, carry what appeals to you. The carbohydrate, fat, and protein foods are easy to secure but the foods relied on for cellulose or bulk, vitamins, and mineral salts must have special consideration, since they are more often fresh products, not so easily kept.

If one is planning for a stay in a camp where fresh fruits and vegetables

can be secured nearby, the problem is solved; but where camp is far from a source of such supplies, fresh products may be carried for the first days, after which canned fruits and vegetables, especially tomatoes, are good.

For hike or canoe trip where it is important to go light, the foods should be concentrated and contain little moisture, for water can easily be added. Dried fruits contain minerals, cellulose, and vitamins; and dried milk contains, besides fat, protein, and sugar, an especially good supply of calcium and vitamins. Evaporated or condensed milk is equally nutritious but heavier to carry; if weight is not a prime consideration, however, a little should be included, as it is especially good in coffee.

To add to the mineral and vitamin content of the day's meals wild greens such as lamb's quarter, mustard, narrowdock, and water cress may be picked and prepared like any ordinary greens. Of course care must be taken to avoid those grown where there is possibility of contamination from sewage.

The foods listed below are especially suited for carrying light. Definite quantities to be carried should be worked out according to number of meals to be served.

Cocoa, flour (white, graham, corn meal, pancake), meat (bacon, salt pork, ham), lard, cereals (oatmeal, rice), sugar, dried fruit (raisins, figs, dates, prunes, apricots, apples), dried beans, dried egg, dried milk, cheese, salt.

In the Forestry Service one of the standard fireman's day's rations, carried in tin containers, is:

Bacon - 6 oz.	Cornbeef hash - 6 oz.
Cheese - 4 oz.	Sugar - 4 oz.
Pork and beans - 6 oz.	Coffee - 2 oz.
Chocolate - 4 oz.	Milk - 6 oz.
Hard tack - 8 oz.	Raisins - 6 oz.
	Salt - 1 oz.

The question of preparation must also be considered in choosing foods for out-of-door cookery. The following are easily prepared out of doors:

Cocoa, cereals (rice especially good), eggs, bacon, fish, meat, vegetables, potatoes, carrots, onions, wild greens, white sauce, flapjacks, spider corn-bread, baking powder biscuits and variations, gingerbread, cinnamon rolls, and prune roll.

Out-of-door meals. Out-of-door meals should be simple, but care should be taken to have the food for the day adequate and well-balanced, with special care regarding the vitamin, mineral, and laxative foods. Few foods but plenty of each are desirable. A one-dish meal is the ideal one over a campfire or on a hike, since it means one utensil. An overabundance of fried foods should be avoided.

The following menus are good for out-of-doors:

BREAKFAST: Prunes, soaked over night, cooked or uncooked; bacon; flap-jacks and sirup; cocoa.

Orange; scrambled egg; toast; coffee.

Dried apricots, soaked over night, cooked or uncooked; oatmeal; bread and butter; cocoa.

LUNCH, SUPPER, OR DINNER: Corn chowder; spider cornbread and butter; apple sauce.

Cornbeef hash; buttered beets; bread and butter; rice pudding, hard sauce.

Mulligan on bread or toast; gingerbread (baked in reflector oven); canned fruit.

Fried potatoes; creamed fish on toast; fresh-picked greens, cinnamon rolls.

Gypsy egg sandwich; stewed tomatoes; cookies; raisins

Plan for work. As in all meal preparation, a very definite plan should be made for the work connected with preparing a meal over a camp fire.

A few suggestions may not be amiss: First bring water, gather enough wood, and get it ready for fire building. Then arrange the utensils and start the fire, building it up gradually. Get all provisions together within reach. Start the cooking of the various products according to length of time it will take to cook them and have them all ready to eat at the same time.

The fire. Near the city it is hard to find a suitable place or wood for a fire, and in some states the law forbids camp fires. For such situations there are many portable alcohol, kerosene, or gasoline stoves on the market. But happy are those who can have the pleasure of building an honest-to-goodness fire with wood picked up along the beach or in the woods!

An old woodsman will tell you, "The most of cookin's fire building." Novices in camp cookery make too large fires for cooking. For a friendship fire build a large fire if you like, but for cooking build a small fire and build it according to what is to be cooked over it. To boil the

pot a quick fire with a blaze can be used; but for most cooking a bed of coals is desirable. It is often well to use two small fires.

Plan the arrangement of utensils before building the fire and see that the supports for them are ready. Grills such as can be obtained in different sizes in any sport store furnish the best means of supporting utensils unless one is in the deep woods where green logs and branches of trees are available. If the latter are used, a convenient way of supporting a frying pan or other cooking utensils is on two green logs set far enough apart to hold them over the fire; for kettles, cranes of crotched sticks can be arranged. If neither grill nor green wood is at hand the utensils may be set on carefully placed stones, or a trench may be dug just wide enough for the utensils to rest across it and deep and long enough for the wood and a good draft.

Equipment. Expensive camp kits can be secured, but as much or more pleasure can be had with a kit of old things from home or of inexpensive new ones. A kit should be planned to meet the conditions in which it is to be used, the food to be prepared, and the number to be served. Kephart says, "An ideal camp outfit is to have what we want, when we want it, and never be bothered with anything else." The utensils in a camp kit should be light in weight, fit into one another, and pack to advantage.

A good collection of table utensils for one person consists of a deep plate, cup, knife, fork, and spoon. Desirable utensils for cooking include frying pan, pail or kettle for boiling, sharp knife, tablespoon, long-handled fork, match box, and salt shaker.

A green stick with a forked end is convenient for toasting bread or sandwiches (toasted cheese sandwiches are especially good) or for broiling chops or bacon. A reflector oven made of tin or aluminum is good for baking powder biscuit, spoon corn bread, gingerbread, turn-over pies, cookies, planked fish, and most of the products usually prepared in a frying pan, which in cooking takes more time. The reflector is placed before the fire so that the heat strikes the pan in which the food is placed from the bottom and is also reflected upon top of food. For a permanent camp a Dutch oven is desirable. This can be used for stewing, baking, and in the bean or bake hole.

The bake hole is a convenient means of cooking foods which take long, slow cooking. To prepare it, dig a hole in the ground about two feet deep and three feet in diameter, and line it with rocks. In it build a big fire, of hard wood if possible; keep the fire for an hour, until rocks are hot. On a layer of hot ashes and coals place the dish containing

whatever is to be cooked, covered tightly. A Dutch oven is especially good for this. Cover with sand or earth and leave over night or all day. Six hours will bake beans "fit for a king." Other dishes especially good when cooked in a bake hole are pot roast, Swiss steak, soup, Indian pudding, rice, oatmeal, cornmeal mush, Spanish rice, dried fruits.

Recipes for one-dish meals. Any one of the dishes for which recipes are given below makes a well-balanced meal, if served with fruits or other simple dessert. Some require no utensils. All measurements are level. When dried milk is used, 4 tablespoonfuls in 1 cup of water may be taken as the equivalent of 1 cup of fresh milk. With dried eggs, 2 tablespoonfuls of egg in 4 tablespoonfuls of water may be substituted for 1 fresh egg.

CORN CHOWDER

1 can corn	2 tb. flour
4 potatoes, cubes	3 c. milk or 3 c. water and 12 tb. dried milk
2 onions, sliced	
2 c. water	3 tb. fat

Cook onion, potatoes, in water until nearly done; add corn, milk, and flour mixed with fat; season; cook 5 minutes.

MULLIGAN

1 can tomatoes, 1 can corn, 1 can peas

Cook 5 minutes, serve on bread or toast.
Meat may be added if desired.

SQUAW CORN

1 can corn, 1 lb. wieners, 6 slices bacon

Cut bacon in small pieces and cook until golden brown. Add corn and wieners, and cook until sausages are thoroughly done (N. B. Never eat rare wieners); serve with baking powder biscuit, cocoa, and a fruit.

Eggs and onions may be used in place of wieners.

GYPSY EGG SANDWICH

Cut into small pieces two slices of bacon; cook crisply; add an egg, and scramble; serve between slices of toast or bread.

COCOA

2 t. cocoa, 2 t. sugar, 4 tb. dried milk

Mix thoroughly; slowly add one cup of water; stir; cook 5 minutes; beat with spoon.

FLAPJACKS

1 c. flour 2 t. baking powder
4 tb. dried milk ½ t. salt

Mix 1 thoroughly; add 1 cup water and mix well; drop on greased frying pan hot enough to sizzle; turn when full of bubbles.

A piece of bacon or salt pork makes a good greaser. A well-beaten egg added to the mixture improves the flapjacks.

CAMP BAKING-POWDER BISCUIT

1 c. water 4 t. baking powder
2 c. flour 1 t. salt
5 tb. fat 4 tb. dried milk

Mix dry ingredients; mix in fat with a fork or cut in with two knives; add water slowly, stirring with a fork until well mixed; drop from a spoon on floured reflector pan or greased frying pan. Bake quickly. When a frying pan is used, bake until one side is lightly browned, then turn and finish baking.

For a sweet biscuit add two tablespoons of sugar and sprinkle a mixture of butter, cinnamon, and sugar on top of dropped biscuit.

SPIDER CORN BREAD

2 eggs 4 tb. dried milk
1 c. water 1 t. salt
¾ c. corn meal ¾ c. white flour
1 t. baking powder 1 tb. melted fat

Beat the eggs; stir in water; add remaining ingredients and mix until smooth; pour into a sizzling-hot, greased frying pan; cover and bake over coals; when one side is lightly browned, turn and brown on the other side. This bread may be baked in a reflector oven or Dutch oven.

RICE AND CHEESE

½ c. cheese ½ t. salt
2 c. cooked rice 1 c. milk

Melt cheese in frying pan; add other ingredients; cook 10 minutes.

RICE PUDDING IN A FRYING PAN

2 c. cooked rice ½ c. raisins
1 c. milk 1 egg

Mix well in frying pan and cook 10 minutes.

BAKED POTATOES

These may be cooked in various ways. Bake in frying pan or Dutch oven; or scoop out a basin-like depression, 3 or 4 inches deep and large enough for

the potatoes, fill with coals and heat 4 hour, clean out the hollow, and place potatoes in it and cover with hot sand or ashes. Another method of baking is to place potatoes in a pail or kettle; cover with damp sand; then build fire around and on top; the potatoes will bake in about 30 minutes.

FISH BAKED IN CLAY

Rub a fish in soft clay; let it stand a little, then roll it in clay until it is completely covered; dry; bury in hot coals and ashes for an hour; rake out and crack the clay; remove skin; dust with salt; eat with baked potato.

STEAMED FISH

Season the fish with salt and pepper; roll in a buttered or oiled white or manilla paper or in leaves; wrap in a newspaper and soak in water until the newspaper is saturated; bury the package in hot coals for from 10 to 20 minutes according to the size.

BAKED EGG

Prick a hole in shell of egg; roll egg in six layers of damp newspaper; bury in hot ashes and leave six minutes for a soft-cooked egg and fifteen minutes for a hard-cooked egg

Cleaning camp. A good camper always leaves a clean camp, burning or burying all debris, putting out his fire completely, and leaving no embers.

BOOKS ON CAMP COOKERY

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